FRANKS

ON THE CURE OF

DIARRHŒA & DYSENTERY,

WITH PRECAUTIONARY REMARKS

ON CHOLERA.

PRICE ONE SHILLING.

1

A TREATISE

ON

THE CURE OF

DIARRHŒA AND DYSENTERY;

WITH

PRECAUTIONARY REMARKS

ON CHOLERA.

"PREVENTION IS BETTER THAN CURE."

BY GEORGE FRANKS, SURGEON.

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ERRATA.

Page 8, 1st line, dele *the*; insert *readers* for *reader*.
" 12, 15th line, for *they are* read *it is*; for *their* read *its*.
" 16, 27th line, read *expiration* for *inspiration*.
" " 28th line, read *outwards* for *inwards*.
" 19, NOTE, 2nd line, read *tricuspid* for *tricusbid*.
" 24, 5th line, read *leads* for *lead*.
" 27, 20th line, read *evacuations* for *evacuation*.
" " 21st line, read *are* for *is*.

N.B.—A revised and enlarged Second Edition of this Work is now in the Press, and will shortly be published,—price One Shilling.

PRELIMINARY REMARKS.

THE SUBJECT of this book concerns all classes of the community—THE ASIATIC CHOLERA.—The OBJECTS for which it has been written are several—to prevent undue alarm, in consequence of the disease having again visited England—to allay overmuch anxiety, in case of individual attack—to explain the nature of the ailments that usually precede it, and are often designated its premonitory symptoms—to explain *concisely* the various organs or parts of the body affected by those symptoms—and to describe the functions they are respectively intended to perform, in language devoid of professional technical terms, that all who read may understand—and, if possible, to incite a desire and curiosity in readers generally

to make themselves acquainted with matters so important to all, is herein attempted. To direct attention to a Medicine that is calculated to check those complaints on their first appearance, and thereby to ward off an attack of Cholera, or to arrest it in its progress—a Medicine that has stood the test of extensive Private Circulation for many years, and which is now for the first time presented for Public Sale, is another reason for the publication of the following pages.

The circumstances that led to the discovery of the Medicine—the evidence to its efficiency,—testimony elicited by a chain of events somewhat special and extraordinary, and—the reason why it is now thus launched on the current of public opinion, are detailed in the body of the work.

London, 90 Blackfriars Road, S.

January 1*st*, 1866.

A TREATISE

ON THE

CURE OF DIARRHŒA AND DYSENTERY,

WITH

Precautionary Remarks on Cholera.

Asiatic or Spasmodic Cholera has again appeared in England. The *Times* newspaper of the 24th October thus announces it:—

"THE CHOLERA.

(FROM OUR OWN CORRESPONDENT).

Southampton, *Tuesday*.

It is my painful duty to report to you the death this morning, after three days' illness from a violent attack of cholera of the worst-type, of Dr. Francis Cooper, the Officer of Health for this borough. He was seized about 2 o'clock on Saturday morning, when he called his servant and requested her to go for some medical man, as he was taken very ill, and felt he should not be long here. Medical assistance was speedily in attendance, and during Saturday nearly every gentleman of the profession in Southampton saw him, and remedies of all descriptions were successively applied, but it was painfully evident from the first that the attack

would in all probability have a fatal termination. His naturally strong constitution struggled manfully against the malignant disease, but notwithstanding, he gradually sunk under its ravages, and he died at 25 minutes before 1 o'clock this morning, just three days from the commencement of the attack. The deceased had, it appears, been suffering slightly from diarrhœa for three or four days previously, he having complained of it as long before as on the Monday evening to his friend, Dr. Wiblin, when spending a few hours at his house."

The disease has since visited Woolwich and other towns; it may possibly stalk throughout this, as it has through other countries. That it has assumed a virulent form at Southampton is obvious; nevertheless there is no cause for PANIC, or for UNDUE INDIVIDUAL ALARM. That Cholera is frequently a fatal disease is true. It is, however, also certain that it has been too much an object of intense fear; and that a great number of those who have succumbed to its attacks, have been the victims of uncontrolled affright. All medical practitioners of experience coincide in this opinion; and they all confidently rely upon this fact,—a fact well calculated to cheer and to inspire hope;—they say, that as the cases which have come under their observation in this country have been generally preceded by some kind of indisposition, as languor—dejection—nausea—wind in the stomach and intestines—followed by—Diarrhœa,—that if the Diarrhœa be duly attended to, and controlled on its first appearance, prostration will be stayed, and the distressing disease of Cholera warded off. The import-

ance of attention to these first, or what are frequently denominated PREMONITORY symptoms, cannot be overrated. The Asiatic or Spasmodic Cholera has challenged the energy, the talent, the ingenuity, and the investigation of many as learned, accomplished, experienced and acute medical practitioners as ever existed. The press, not only of this, but of every other civilized nation—for all are deeply interested in the matter—has produced very valuable works, the result of the labours of those eminent persons. These works have, however, been written for the perusal of medical men, or students of medicine, and consequently they are replete with unexplained professional terms. These are for the most part derived from the Greek and Latin languages; and, since no clue to the meaning of those terms therein appears, to the general reader they are wholly unintelligible. This is the main cause why medical works are so little read out of the profession, although they intimately concern all members of society.

The following pages are adapted for the perusal of all classes, they are intended for the information of all, since all are interested in the subject. The language used is the English language, expressed in plain terms, which every one who reads them can understand.

The history of Cholera, whence it came, by what route it has travelled, whether it be dependent on a tainted atmosphere, or upon direct infection, or if infectious whether it may be spread abroad by other means, are very proper considerations for medical inquiry. To investigate them here would be to divert

attention from matter of much more importance to the general reader. It has been already noticed that Cholera is generally preceded by certain premonitory ailments or warnings. How best to profit by these warnings, how to avert the disease by checking it on its first advance, how to put a stop to the Diarrhœa on its first appearance, are questions far more momentous to them; and these are the matters to which their minds are here more particularly directed.

The ailments above-mentioned are occasioned by an unhealthy state of the Organs of Digestion in the human body. By an "Organ" is meant some part which has a particular function or office allotted to it in the animal economy; and by "Digestion" is meant the change which food undergoes, whereby it is fitted to afford nourishment, to impart strength, and to maintain the vitality of the whole system. Some acquaintance with this action of digestion is necessary for all classes. Many who, from their position and attainments, have been considered well-informed persons, have passed on from the cradle to the grave to whom the organs of digestion and the functions they perform, have been almost unknown. The want of such information, or the inattention to it, is but too often the cause of acute suffering, both physical and mental, of premature decay, and of early or sudden death.

In order to describe the principal organs of digestion, and to explain the several functions which they respectively perform, it is not necessary to consider the whole structure of the human frame. To direct attention to

such organs alone, and to explain their respective uses, will be sufficient.

The inquiry, then, is, What is meant by food? Which of the organs of the body mainly assist in converting it into nourishment? and, In what manner they respectively conduce to this important end?

By "food" is meant the solid and fluid substances taken into the mouth, usually called meat and drink. The solid part is first masticated or chewed by the teeth. During this process, it is exposed to a fluid,* which flows from certain small secreting or separating organs, situate in the mouth ;† by these it is reduced to a pulp, and in this state it is easily swallowed. By the act of swallowing, it is passed from the mouth into the gullet,‡ a fleshy canal which extends to the stomach; here the food is subjected to the action of another fluid, poured forth from the inner coat of the stomach, called the gastric juice, the nature and properties of which will be hereafter explained. By a chemical action, assisted by a constant undulatory agitation of the coats of the stomach, the food is formed into an oily, gelatinous, and saccharine mass, of a greyish colour.§ This is usually called the FIRST STAGE in the process of digestion.

It must be here noticed that the animal body possesses a natural property, called the vital power. When this is enfeebled—the chemical action of the fluids is interrupted —the proper mixing of the materials is prevented or retarded—the due action of the stomach is disturbed or

* The saliva. † The glands, or mucous membrane.
‡ The œsophagus. § The chyme.

restrained—its fluids are poured forth, either too sparingly, or in too great a quantity, they become altered in their quality, and are thereby rendered either more or less inoperative. On leaving the stomach, the food passes into the first portion of the small intestines,* the inner surface whereof is covered by a membrane, presenting a number of folds, by which it admits of either extension or contraction; and here the food, so mixed, comes into contact with two fluids which have been poured into it from other sources, the one having originated in, and flowed from the Liver, called the Bile, the other from an organ named the Pancreas (in animals this part is usually called the Sweetbread), and two other fluids which are secreted in the part itself, called the Intestinal Juice, and the mucous membranous secretion. These fluids contain much unhealthy matter; and their combination with the food changes its whole character; it now becomes a compound mass of offensive, impure fœculent matter. This may be termed the SECOND STAGE in the process of Digestion.

It has been said that the grand purpose of Digestion is the assimilation of the food; that is, the fitting it to nourish, strengthen, and support the body. To effect this, the nutritious portions of this compound mass must be separated from those which afford no nourishment; the wholesome ingredients from those which are injurious to health. This is now done, and in this way. It must be noticed that the Intestines are that part of the Alimen-

* The duodenum.

tary canal which extend from the stomach to the seat of the body;* the intestines are respectively denominated great and small, and the coats of the small intestines are similar in their character and uses to those of the stomach, for as the GASTRIC JUICE is secreted in the stomach, so is the INTESTINAL JUICE secreted in the small intestines. The larger portion of the nutritious part of the fluids contained in this mass of healthy and unhealthy matter is absorbed or sucked up, and passes from the intestines by means of numerous and minute vessels or small tubes that line the inner surface or walls of these intestines, these tubes take their name from the office they perform, and are called Absorbents. Absorbents are two distinct sets of vessels which take up and convey fluids to the duct or conduit pipe called the Thoracic duct—they are the *Lacteals*† which take up the Chyle from the Alimentary Canal, and are so called from the milky appearance which the fluid thus developed by them is made to assume—and the *Lymphatics* which pervade almost every part of the body, which fluids they take up in the form of Lymph, or, as it is called, Liquor of the Blood. These vessels form larger tubes or trunks as their course is extended; at length these trunks all meet, and pour their contents into a receptacle‡ that receives its name from the office it performs in relation to these particular fluids. This reservoir is an enlargement of that duct which conveys the contents of those *Lacteals* and *Lymphatics*, which we have seen to be the nutritious parts of the food so sepa-

* The anus. † From *lac* (milk). ‡ The receptaculum chyli.

rated from that compound mass of impure fœculent matter, into a certain large vein* of the body, and there it becomes mingled with the venous blood, and thus mingled it passes to the Heart by another vein,† and thence it passes to the Lungs. By veins are meant elastic tubes which convey the venous blood to the heart; they will be more particularly explained hereafter. That venous blood is not pure blood will be also shown; and the mode by which it is converted into pure and healthy blood will be pointed out.

The portion of the food which remained in the small intestines is thence passed on to the lower and larger bowels; any part of its nutritive matter that may be left therein is taken up as it passes by the small absorbent vessels‡ to which they are exposed in their passage, and the residue is discharged as excrement.

We have now traced the food from its introduction into the mouth to its being mixed with the blood: this is not sufficient; this gives only a very inadequate notion of digestion; we must not be satisfied to rest here. Food has been stated to be the basis of health;—health cannot be promoted by impurity.

We have seen that the food has been mixed with the venous blood, and *Venous* blood is impure; this impurity has to be got rid of. It is thus effected:—The whole Venous blood of the body passes to the heart; the muscular action of the heart impels it into a certain channel,§ which conveys it to the lungs or organs of respiration.

* The subclavian vein. † The vena cava superior.
‡ The lacteals and the lymphatics. § The pulmonary artery.

This blood, when it reaches the lungs, is of a dark-red hue, approaching to a purple; on its leaving them it is of a bright red colour, approaching to scarlet: this change is occasioned by the discharge of carbonic acid and the imbibing of oxygen from the air in the act of respiration or breathing.

By muscular action is meant the action of muscles or fibrous substances full of Capillaries* or hair-like blood vessels, and plentifully supplied with nerves. Nerves are small white chords or strings which arise from the brain, or from the marrow contained in the hollow part of the bones of the back;† and these nerves are distributed through all parts of the human body. It is by their means that impressions are conveyed to the brain; they are the cause of sensation or feeling. The muscles of the body have the power of contracting or shortening themselves on the application of any excitement; this power depends on the health and nourishment conveyed by the blood. The nourishment is in proportion to the supply of pure blood, and in proportion to the nourishment is the power of the muscle.

Muscles are of two classes—the Voluntary, or such as are under the influence and government of the will, such as the muscles employed in the act of locomotion; or the Involuntary, those over which the will has no power, as the muscles of the heart, stomach, or intestines. To the extremities of the muscles are attached tendons.

Tendons are fibrous cords by which they (the muscles) are affixed to various parts of the body.

* From *capillus* (a hair). † The vertebræ.

Impurities of the blood are removed also by the action of the liver.

The Liver is the largest glandular apparatus in the human body. By a Gland is meant a substance found in many parts of the body, and is composed of various tissues, blood vessels, nerves, &c. The glands of the body are distinguished by the names of excretory and secretory glands. The Excretory glands include the liver, the kidneys, &c.; the Secretory glands are such as those which secrete the fluids in the mouth, the tears in the eyes, the milk in the breasts, &c.

The Liver is situated in the right side of the body under the Midriff,* the muscle which divides the Chest (or cavity which contains the heart and lungs) from the Abdomen.

The Liver is divided into two principal parts, called lobes: it is kept in its position by a number of Ligaments,† and by the vessels or tubes which enter it and proceed from it; it is one of the most important organs of the body. It is the receptacle into which enters the contents of the large vein‡ which conveys the venous blood from the stomach, the midriff, the coverings of the bowels, and from the veins of many other parts of the body; and it is from the dark Venous Blood which flows to the Liver that the bile is formed. Connected with the liver is the Gall-bladder. This is a reservoir which is lodged in a fissure or cavity on the under surface of the right lobe of the liver, and it contains the Bile. In health, the action of the liver is constant—the flow of the bile is

* The diaphragm. † From *ligo* (to bind). ‡ The vena porta.

continuous. When the bile is greater in quantity than is actually wanted in the bowels, it accumulates in the gall-bladder, and thence it is dealt out as it may be needed; if that flow be obstructed, all the Digestive Processes become disordered. The bile aids digestion by rendering more soluble the fatty matter that is contained in the food, and also in many other ways. By its flow it withdraws from the blood certain impure and noxious ingredients which, if not removed, would be the cause of very injurious, if not of fatal effects.

In the consideration of one of the modes by which the Venous or impure blood is made to contribute to health, we have mentioned its introduction into the lungs; it now becomes requisite to describe these organs.

The Lungs are two organs situate in the chest, and it is by their means that we are enabled to breathe. The lung in the right cavity of the chest is divided into three lobes; that in the left, into two. The lungs hang, in a manner, from the windpipe,* which, having entered the chest, is bifurcated or divided, as by a fork, into two trunks; and these, the more deeply they penetrate into the lobules† of the lungs are the more and more ramified, and at length terminate in those cells‡ or cavities which form the chief part of the substance of the lungs, and alternately receive and emit the air we breathe. These cells are innumerable, and they vary much both in their shape and in their magnitude, they are surrounded with, and connected by a delicate cellular membrane; this cellular membrane is supplied with numerous blood

* The trachea.
† The small lobes of the lungs.
‡ The air cells.

vessels, which form an extraordinary network, penetrating the mucous web on every side which surrounds the air-cells, so that the great quantity of blood which exists in the cells of the lungs is separated from the contact of the air by this membrane only. The lungs thus serve to expose an immense surface of blood to the air: by this exposure, at each respiration of the breath the carbon which is in the blood *escapes*, and at each inspiration the oxygen or life-giving property of the atmosphere *unites with* the blood, and it thereby becomes *Healthy arterial* blood, and in this state it passes by certain veins* into the heart, again to be circulated through the body.

The lungs possess considerable elasticity, this gives them the power of contraction and dilatation; which is effected, for the most part, by the action of the midriff, assisted by the muscles that act upon the ribs. The Midriff is a muscle which runs across the body in an oblique form, and completely separates the contents of the Chest from the contents of the Abdomen; it is convex above, and concave below: when we inspire or take a breath, this muscle changes its upper surface from the form of a high arch to nearly a plain surface, and the ribs being raised by their muscles,† the cavity of the chest, in which, as we have seen, the lungs are situated, is thus enlarged, and affords room for expansion or dilatation of the lungs. In the act of inspiration, or breathing inwards, the midriff assumes the convex form, the muscles of the ribs contract, or draw closer together,

* The pulmonary veins. † The inter-costal muscles.

whereby the cavity of the chest is diminished; a portion of the air of the lungs is therefore exchanged by every successive act of breathing. A middle-aged or full-grown individual draws his breath, when in health, about eighteen times every minute, and at each act of breathing a pint of air is introduced into the lungs; in taking a full, deep breath we may completely fill the lungs; but in letting our breath go back we can never quite empty them—this would be fatal to life. The air that is given out in one act of breathing is not more than about one-fifth of what is retained. To meet and appropriate such a large quantity of air thus taken into the lungs every time we breathe, the heart supplies the lungs with about two ounces of blood at each pulsation, or about one gallon every minute. It has been remarked that the lungs are composed of innumerable minute air-cells; some of these are, therefore, necessarily in a more or less remote situation from the atmospheric air.

It must be noted that all gaseous substances do not unite together by a chemical combination, and this is the case in the interchange of oxygen and carbonic acid between the air and the blood in the lungs. To insure the air in the remoter cells of the lungs being duly renewed, a principle is called into action which is common to all gaseous substances that do not chemically combine when brought into contact, and that is, *the law of mutual diffusion;* and the very delicate membrane which covers these cells is no impediment to, but tends to carry out that law. By mutual diffusion is meant the different disposition of gases to interchange *particles* by mere mechanical action and without altering their natures or qualities.

For the circulation of the blood two distinct canals are appropriated, and they answer two different purposes. The vessels or tubes through which the blood is conveyed throughout the body are named respectively ARTERIES and VEINS. An Artery is a membranous, pulsating canal that proceeds from the heart, and gradually becomes less as it continues its course. Arteries are only two in number, and these originate in the heart; the one in its right side, and the other in its left. The other arteries are all branches of the latter of these;* their termination respectively is either in the veins, or in small, hair-like exhaling or secreting vessels,† or they run one into the other. The *distinction* between artery and vein is lost at the point of union. It is by the means of arteries that the blood is conveyed *from* the heart to every part of the body.

The action of the arteries, called the pulse, corresponds with the action of the heart. Their elasticity, which enables them to yield to the intermittent flow of blood thence impelled into them, admits of this concurrent pulsation. They are supplied internally with numerous valves. The use of these valves is to prevent the blood from flowing back towards the heart during its passage; they, of course, open in a direction *from* the heart.

A Vein is also a membranous canal: this, however, becomes wider as it proceeds; it does not pulsate, and it returns the blood from the arteries *to* the heart. Veins originate in the extremities of the arteries, and they terminate in one of the cavities of the heart.‡ They are like

*The aorta. † The capillaries. ‡ The right auricle.

arteries in having three coats; but these are more slender than those of the arteries; and many of them are supplied internally with valves. Their use is to return the blood *to* the heart, and therefore the valves open *towards* that organ. The Kidneys and the Skin also materially assist in purifying the blood; they need not, however, be further noticed here.

The Heart is the grand organ employed for the circulation of the blood; it is situated between the right and the left lung, and is divided into two sides, the right and the left side; each of these sides contains two cavities* placed one above the other, and they communicate with each other by means of certain valves.† The superior or uppermost cavities, are named AURICLES; the inferior, or lower cavities are called Ventricles. The former receive their name from their similarity to the ear; the latter from their likeness to a bag or pouch. The heart has two great arteries; every artery originates in one of these. The left ventricle communicates with the large artery called the AORTA; this artery extends and ramifies itself through every part of the body, the Lungs excepted; as it becomes minutely subdivided into branches, it gets closer interwoven with the texture of every part: the branches are divided again into twigs; these permeate the remotest parts of the body.

The RIGHT AURICLE communicates with the RIGHT VENTRICLE, and the LEFT AURICLE with the LEFT VENTRICLE. The other artery, through which the blood flows from

* The auricle and the ventricle.
† The mitral, the tricusbid, and the semilunar valves.

the heart, is named the pulmonary artery; this arises in the right ventricle of the heart, and extends to, and permeates the lungs.

Thus are produced two systems of arteries: one, the pulmonary artery, which has its trunk in the right ventricle, and its extremities in the lungs; the other, the aorta, which originates in the left ventricle, and its extremities extend to the remotest parts of the system.

The blood which flows from the lungs is conveyed to the left auricle of the heart by four channels,* which have this as their common terminus; and thence it flows into the left ventricle. The blood is returned to the heart from every other part of the body, and enters the right auricle by the following channels. A vein called the vena cava superior conveys it from the head, neck, chest, and the superior extremities. A vein called the vena cava inferior, which conducts it from the lower parts of the body and the inferior extremities.

As there are two systems of Arteries, there are also two systems of Veins; the one originates in the extremities of the arteries in all parts of the body, and terminates in the *right auricle* of the Heart; the other originates in the extremities of the Pulmonary Artery in the Lungs, and terminates in the *left auricle*.

The regularity of the route of the blood, and of its passage through the cavities of the heart is secured, and any retrograde motion is prevented, by means of valves,† so placed at the principal openings of those cavities as

* The pulmonary veins.

† The semilunar valves.

to permit the blood to pass on; but they become expanded like a sail against it on its attempting to flow backward, then the valves close, and the blood continues its proper course.

It has been remarked that the nerves are white chords, that have their roots in the brain, or the spinal marrow contained in the backbone of the body; and also that they conduce to sensation and motion. The greater portion of these arise from the spinal marrow, and by a subdivision into two parts or roots, they have a twofold effect; one root passes to the posterior part of the spinal marrow, and has a nerve knot,* a small nervous centre, or an enlargement in the course of a nerve attached to it. This confers sensation alone; the other root goes to the anterior part of that chord, and produces motion alone.

Those nerves that excite motion alone pursue their course from internal surfaces to that upper part of the spinal marrow which unites with the brain itself. The excitability of these nerves is specially marked by reflecting their action, when excited, from this part of the spinal marrow to the particular muscles or organs of motion on which they are intended to operate, for example, such muscles as are employed in the act of conveying the food into the stomach, or those by which whatever part of the food is not required for the nourishment of the body is ejected therefrom. Nerves that extend to the respiratory organs, and which are essential to the act of

* Ganglion, or little brain.

breathing, are called respiratory or breathing nerves. There is also a peculiar nerve, named the *sympathetic nerve*. This nerve consists of a chain of such nerve knots; and this extends along the side of the backbone, from the head to its lowest extremity, and communicates with all the other nerves of the body, exciting a sympathy between the affections of its different parts, and exercising a powerful influence on all the organs of *digestion*, as also on the various other organs by which the functions of the body are performed.

The Great Organ of Digestion, however, is the STOMACH; it may be emphatically called THE Organ of Digestion, although the Process of Digestion is not completed there. It is in the Stomach that the food comes in contact with a liquid called the *gastric juice*, the most wonderful and the most active natural solvent with which we are acquainted.

The Stomach is situated in the middle region of the body,* and receives the food from the gullet.† Like the intestinal canal, the stomach is composed of three coats or membranes, the outermost, the muscular, and the innermost. The outermost is very firm, and is formed by the membranous lining of the abdomen;‡ the muscular coat is the seat of the extraordinary sensibility to which the stomach is liable; the innermost coat is covered with glands, arteries, veins, and nerves; and the absorbent vessels are distributed throughout the whole substance.

* The epigastrium. † The Œsophagus.
‡ The peritoneum.

The use of the stomach is to receive the food from the gullet, and to retain it, until, by its admixture with the fluids secreted therein, and by other changes, such food is rendered fit to pass its right orifice,* and to enter into the intestines.

It has been stated that the gastric juice is a very powerful solvent. It is, however, necessary for the purpose of Digestion that the food, when it has passed into the stomach, should be permitted to come into contact with it, and that this juice should operate upon every portion of it. This will be impossible, unless the food has been properly chewed and mixed with the fluids in the mouth; this not being properly done, is the cause why many persons suffer the unpleasant consequences of indigestion; they have not borne in mind that teeth are intended, not only for ornament, but for use.

The stomach is sometimes called the seat of universal sympathy, from the intimate connections which the organs of digestion maintain with other organs and sets of organs of the body. There are few complaints in which the organs of digestion do not evince some sympathetic affection; any depressing passion may derange it; anxiety is a frequent cause of stomach complaint, and restored mental tranquillity will often conduce to restored health. The stomach is plentifully supplied with the sets of nerves above-mentioned. This accounts for its extreme sensibility to contingent influences—

* The pylorus.

whether external, internal, or mental; to the various states of the atmosphere, to the state of the food, or to the influence of passing events.

A due consideration of the several organs of digestion and of their respective functions, lead to the conclusion that the principal requisites to effect a healthy digestion are—a healthy state of the muscular coat of the stomach—a healthy state of the alimentary canal that passes the food to the stomach, and thence to the bowels—a healthy state of the fluids of the stomach—a proper condition of the bile, and of the intestinal and other fluids, in regard to their respective quantities and qualities; and—a healthy state of the mucous membrane of both the stomach and bowels.

Are not these very important matters? since on the proper condition and the due operation of these organs depend the respective issues of health or disease.

The Inspired volume, which informs us of the Creation of Man, tells us that "the days of his age are threescore years and ten;" that "though even he be so strong that they come to fourscore years, yet is their strength then but labour and sorrow." Surely, therefore, how best to preserve that strength for a proper discharge of the duties of life; how to maintain it so as to enable us bravely to meet the anxieties and contingencies of life, must be a matter of the gravest consideration, a concern of the highest moment.

The loss of strength occasioned by the wear and tear of the human body is continuous, and this loss is replenished wholly by food. The food, as we have seen, is converted

into blood; and by this the system is nourished and supported. The blood contains all the component parts of man. In a *chemical view* it may be said the blood is man in a fluid state, so true is it that "the blood is the life."

This is not the place to discuss either theological or metaphysical questions,—to comment upon the subtle distinctions, the various and discordant disquisitions of pseudo-philosophers on the respective natures of body and soul—of matter and mind; or to notice the opinions of persons who say these have no distinctive character,—that matter is mind, and mind is matter,—would be here inexpedient. Nevertheless, it is not altogether irrelevant to consider the account given us in Holy Writ of the origin and of the material constitution of man—

"And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life, and man became a living soul."—Gen. ii. 7.

There are persons who venture boldy to impugn the truth of this narrative; they cannot comprehend the manner of the performance; they therefore profess scepticism as to the truth of the statement, although they are obliged to admit the existence of man as a fact: and yet, strange to say, they have not the courage to attempt to broach any better or other account, they venture not to tell us their opinion of how the fact arose. Chemical science, however, here steps in and bears its evidence to the accuracy of the inspired penman, and lends its aid to support the possibility at least of the tale being true. Chemistry proves this fact,—there is not one elementary ingredient in the composition of

the human body that is not to be found in the earth. A fact which, with all their professed incredulity, these persons attempt not to deny. Nor have they the boldness to question the existence of another fact, that man is of "the earth earthy;"—and, that "to dust he must return;"—thereby verifying the further account given us by Moses:—

"In the sweat of thy brow shalt thou eat bread till thou return unto the ground, for out of it wast thou taken; for dust thou art and unto dust shalt thou return."—Gen. iii. 19.

The contingency of either health or disease depends on the purity or impurity of the blood; on health or disease respectively depends either the duration or the brevity of life; and all are governed by the due discharge of the functions of the "Organs of Digestion." Is it not, then, desirable that these should be well understood, and that any information that professes to explain their action and their purpose be conveyed in a manner which all can comprehend?

It is hoped, that the above explanation of the wonderful machinery by which the DIGESTIVE PROCESS is perfected will enable any reader of ordinary intelligence not only to understand its meaning, but also, that if he meets with a book in which the DIGESTIVE ORGANS are delineated, he will be able readily to distinguish them; and that from the terms in which the information is here conveyed he will find he can easily comprehend the various and respective offices for which they are designed.

It now remains to consider and practically to apply this information in reference to the diseases of FLATULENCY, DIARRHŒA, CHOLERAIC DIARRHŒA, and CHOLERA.

1. *Flatulency.* — This complaint is occasioned by Indigestion: it is caused by air being separated from the solids and fluids, introduced into the stomach as food, and which there creates an *excess* of fermentive action. When the contents of the stomach are perfectly acted upon by the fluids therein secreted, and during a state of health, such fermentation does not arise; but when from any cause the stomach is incapable of duly performing its functions, and the fluids are secreted imperfectly, they lose their corrective power, and an effervescence is soon produced. The gas that is thereby let loose, by distending the stomach, creates very distressing feelings (spasms).

2. *Diarrhœa, or Looseness of the Bowels.* — This disease arises from an imperfect Digestion of the food, and is produced by an unnatural and increased action in the contraction of the bowels upon themselves, and also by a deranged state of the bowel secretions, whereby loose, liquid, too frequent and rather abundant evacuation, with or without a griping of the bowels, is produced; they are frequently attended by pain. This complaint may be occasioned by irritating materials conveyed into the bowels, either in the food or otherwise; or by a noxious change in the fluids, which are naturally secreted in the bowels themselves; or from an irritable state of the intestines, or of the membrane that lines their inner surface. Diarrhœa may be also occasioned by the sympathy that exists between the bowels and stomach and other organs of the body.

sudden alarm, excitement, arising either from excess of hope or of fear, or from any other affection of the passions, even sudden application of cold or heat to the surface of the skin, may produce Diarrhœa. To many persons, an exposure to damp or cold air, or the getting wet feet, will, from the sympathy that exists between the skin and the bowels, frequently have the same effect. Infants are generally affected by it when dentition is difficult. Diarrhœa is the first symptom of DYSENTERY.

8. *Choleraic Diarrhœa.*—By Choleraic Diarrhœa is meant, that purging in which the evacuations are very loose, and colourless, they contain mucus,* and sometimes blood, with little or no smell, and they have the appearance of turbid whey, or rice water; it is preceded by Diarrhœa. Choleraic diarrhœa occasions severe griping in the bowels, accompanied by pain in the stomach, and also by a great exhaustion of strength; this is often followed by the Asiatic, frequently called Spasmodic Cholera. The change from Choleraic diarrhœa into Cholera is noted by vomitings—painful spasms, or cramps in the limbs—urgent thirst—severe pain about the region of the stomach—a gradual change of the countenance—a sinking of the eyes into the orbits—feebleness of the voice—extreme cold—even the breath is sometimes cold,—a great depression of the pulse; and also at times by an interrupted breathing—by the colour of the body becoming of a dark or purple hue;—and there is a suppression of most of the secretions.

SUCH IS THE ASIATIC OR SPASMODIC CHOLERA.

* *Slimy* matter.

Medical Science is generally considered under four divisions: the FIRST treats of the properties of organic bodies—of the phenomena they present,—and of the laws which govern their actions; the SECOND investigates the nature of the diseases of the human body; the THIRD arranges these diseases according to their classes, orders, genera, and species; and the FOURTH refers to their treatment, or mode of their alleviation or cure.

We are told that soon after his creation MAN became subject to disease—pain and death. When smarting under physical torture, or suffering the anguish and inconveniences that usually accompany many of the various accidents incident to humanity, to obtain relief from the one, and to remedy the effects of the other, were doubtless not only objects of his earnest desire, but also subjects of his anxious thought, and of his frequent ineffectual experimental efforts.

In the earliest ages of time, each man must have been his own physician—his own surgeon; and this state of things must have long continued. As years rolled on, the necessities of the case impelled Individuals to devote their whole time and attention to these matters. This study was their sole occupation—the main business of their lives. The knowledge thus acquired having been tested by experiment, was at length supplemented by practice; and thus medical science became not only a SCIENCE, but also an ART—*the art of healing*. To these professors and practitioners mankind were induced to resort as occasion arose; and as is the case in every

other art, so in this, repeated experiment promoted extensive and correct information, and facilitated successful achievement. By these means, the healing art was advanced to the high state which it has now attained.

In the study of this science, and in the practice of this art, few persons were more successful than SYDENHAM.

Grainger, in his biography, thus writes of him:—"He was long at the head of his profession; was a physician of great penetration and experience, and went far beyond all his contemporaries in improving the art of physic. He dared to innovate when nature and reason led the way."

Sydenham, in the preface to his *History of Acute and Chronic Diseases*, has stated what he considered to be two DESIDERATA in physic: first, "a true history of diseases; secondly, a certain and established method of cure;" and then he adds, "But if it be asked now whether, beside the foregoing desiderata in physic, a third may not be added, viz. the discovery of SPECIFIC remedies? I answer in the *affirmative*, and wish as much as the querist to see it effected; for though that should seem the best method of curing acute diseases which, after nature has pitched upon a certain kind of evacuation, assists her in promoting it, and so necessarily contributes to cure the distemper, it is, nevertheless, to be wished that the cure might be *shortened* by means of SPECIFICS, if any such medicines can be discovered."

The word SPECIFIC is often misunderstood or mis-

applied. Dr. Swan, in his translation and commentary on Sydenham, thus defines the term :—" It is a medicine possessed of such peculiar virtues, as infallibly to relieve or cure the particular disorder for which it is used, being exhibited as nearly as can be in the same given circumstances." He also says, " It were highly to be " wished we had such a certain and general method of " cure as our author here describes, which might be ac- " quired, one would think, if physicians would unan- " imously set about it in earnest. A want of SPECIFICS " in physic is a complaint of long standing; and yet " no due care has been taken to supply the deficiency. " The best medicines often fail, merely for want of ad- " ministering them judiciously; for supposing them " to have undergone no change for the worse by keep- " ing, or unskilful preparation, it is manifest they must " needs always produce similar effects in nearly the same " given circumstances, so that when they do not, the " fault is not in the medicines, but proceeds from their " being exhibited improperly, without distinguishing " with the accuracy requisite in cases of this nature."

The writer of this Treatise is of the same opinion; he also believes that specifics for many diseases might be discovered. He does not affirm that he has succeeded to the full extent of producing a medicine that will infallibly cure the diseases of Flatulency—Diarrhœa—Choleraic Diarrhœa—and Dysentery; but he does state that he has been successful in so far as that the medicine herein mentioned will in most instances cure, and will in all cases mitigate the suffering of persons afflicted with

these complaints, if the medicine be take in the manner and under the circumstances pointed out.

The occasion which induced him to endeavour to find out a remedy for these diseases was this :—In the year 1831, the Asiatic or Spasmodic Cholera raged in London and in many other parts of the United Kingdom. So sudden and unforeseen was its appearance, that all were taken by surprise ; and for a time it seemed to baffle every attempt for its repression. He was then the Resident Surgeon at the South London Dispensary, situated in the Southern District of the Metropolis—a locality inhabited by numerous poor and distressed persons, among whom the disease stalked with rapid and fatal strides. By the direction of the Acting Committee of the Institution, its doors were opened day and night for the reception of such poor persons as might be attacked by bowel complaint or by diarrhœa, and on whom the disease had not so far run its course as to prevent them from leaving their homes ; those who were so prevented, were visited at their respective abodes.

The medical profession was unanimously of opinion that Cholera was generally preceded by Diarrhœa ; and that if not promptly checked, it soon passed to the next stage of the disease, Choleraic diarrhœa, and thence too frequently to Spasmodic Cholera.

Her Majesty's Privy Council caused *this fact* to be announced by placards posted throughout the metropolitan districts.

In the years 1848-9, Asiatic or Spasmodic Cholera

again visited London; the same symptoms of the disease were then observed; and it was also noticed that THE DIARRHŒA was generally preceded by FLATUS, or wind in the stomach and intestines.

The DESIDERATUM to baffle the disease seemed to be this: *To discover some medicine that should* PROMPTLY *impart increased power to the nervous system. A medicine that, by so acting—should give an improved tone to the system generally—disperse the flatus—cure the diarrhœa—allay anxiety—give confidence to the sufferer—and effect a speedy restoration to health.*

In the year 1854, the Asiatic or Spasmodic Cholera raged again in London, and in many other parts of the United Kingdom; it also prevailed in the Crimea. Early in the year, the Central Association in Aid of the Wives and Families of our Soldiers then on active service in that part of the world was instituted under Royal patronage at a public meeting in London, General Sir Peregrine Maitland in the chair.

To this Association the writer was an Honorary Surgeon; by it he was brought into contact with a class of persons who, from their social position and habits, were more particularly susceptible to attack by Diarrhœa, Dysentery, and Choleraic disease. Such cases were numerous. To these persons the remedy was administered, and with so universally beneficial an effect, that they earnestly entreated that some of the Globules might be sent out to their husbands and friends. This was accordingly done. Many packages of the medicine were

gratuitously forwarded to the Crimea to grateful recipients; and numerous were the acknowledgments of the benefits they had conferred; frequent were the representations of the undiminished estimation in which the medicine was held at the seat of war.

In the Autumn of 1856, this Central Association was dissolved. After its Dissolution, the following communications were received from the Honorary Secretary, the Honourable H. L. Powys, and the Inspecting Officer, Francis Partridge, Esq., respectively:—

"CENTRAL ASSOCIATION IN AID OF THE WIVES AND FAMILIES OF SOLDIERS ORDERED ON ACTIVE SERVICE,

"9 Waterloo Place, Pall Mall,

"SIR, "January 13th, 1857.

"I am authorised by the Committee of the Central Association to tender to you their thanks for your exertions so kindly and gratuitously rendered, and so effectually carried out.

"Your most obedient Servant,

"(Signed) H. L. POWYS, Major,
Hon. Sec.

"To GEORGE FRANKS, Esq."

"September 29th, 1856.

"DEAR SIR,

"My connexion with the Central Association as its Inspecting Officer having ceased, owing to the restoration of peace, I am anxious to convey to you how

valuable your services have been to a great number of the wives and children of the soldiers employed at the seat of war; they express themselves most grateful for your unremitting attention to them, and supplying them gratuitously with medicine and other comforts; and it appears you did not confine your care to themselves only, but you also extended your kindness to many of their husbands and relatives at the seat of war, by sending them out medicine, which they informed me was of the greatest service and benefit to them when attacked by the prevailing epidemic.

"I have mentioned these facts, considering it is due to you, and that it will be pleasing to you to know that the persons you have benefited were grateful for the assistance you had rendered them.

"I am, dear Sir, faithfully yours,

"(Signed) FRANCIS PARTRIDGE,

"Late Inspecting Officer, C.A.

"GEORGE FRANKS, Esq., Surgeon,

"90 Blackfriars Road."

The circumstance of this medicine having been used in the hospitals at the Crimea, and also in Her Majesty's Navy, occasioned the following corroborating testimony to its efficacy and to its general success:—

"Camp before Sebastopol,

"June 22nd, 1855.

"Hospital Sergeant E. Rayment, 88th regiment, is very anxious to return Mr. Franks his most sincere

thanks for the box of his Globules: with Surgeon Wall's permission they have been used with decided advantage in relaxed state of bowels brought on by the effects of climate, and acting upon peculiar constitutions: in Diarrhœa and Dysentery and laxity of the Bowels they are decidedly beneficial from their efficacy in imparting a tone, and from their being decidedly styptic, and even specific in their action upon peculiar conditions of the bowels.

"I am, Sir,

"Your most humble and obliged servant,

"(Signed) E. RAYMENT,

"Hospital Sergeant H.M. 38th regt.

"To——FRANKS, Esq.,

"London."

From DR. GEORGE EVEREST, *Surgeon of H.M. Ship "Algiers."*

"H.M.S. *Algiers*, off Sebastopol,

"DEAR SIR, "August 9, 1855.

"The box of Capsules you were good enough to forward me I have tried in several cases of Diarrhœa occurring on board the *Algiers*, and with considerable success. We have not had since their receipt either Cholera or Choleraic Diarrhœa; but should these complaints show themselves, your medicine shall be again used, and the result sent you.

"Yours most sincerely,

"(Signed) GEO. EVEREST.

"GEORGE FRANKS, Esq."

Extract from a letter addressed to Antonio Brady, Esq., of the Admiralty, by Lieutenant Glinn; dated H.M.S. *Algiers*, off Sebastopol, 18th August, 1855:—

"Franks' Diarrhœa Capsules have cured me and about thirty-five of our officers and men; it (the medicine) has been sent out here on trial to our medical men, and it has answered to perfection. We sent some to the Rifles officers, and they are equally pleased: they are a great boon to persons once attacked."

From Dr. John Andrews, *Senior Staff Surgeon in the* Crimea.

"Royal Naval Hospital, Lisbon,

"My dear Sir, "7th July, 1856.

"I cannot but feel very grateful to you for your very kind attention in sending me your preparation for Diarrhœa; and the more so, as it reached me most opportunely, as Cholera is now prevalent here. I assure you, from the experience I had of its efficacy when in the Black Sea last year, I lost no time in not only administering it myself to every case of Diarrhœa which presented itself, but I distributed a supply to Her Majesty's Envoy and Consul here, and besides its power in immediately stopping Choleraic Diarrhœa, its possession morally fortifies the minds of many with confidence, and supplies them with great comfort. I regret to say that, from the great many excitements and employments when in the Black Sea, I kept account of no particular case, but

I can with truth assert that it never failed me, and even this morning I was called to a case of Choleraic Diarrhœa, and administered a Globule with complete success. I offer you my warmest thanks for the supply; a further one would be acceptable.

"I am, my dear Sir,

"Very faithfully yours,

"JOHN ANDREWS.

"Dr. GEORGE FRANKS."

The following additional evidence in regard to the efficacy of this medicine in the Mercantile Marine service, and as further medical testimony to its worth, are here set forth. Much more of like import is omitted for want of space; it may, however, be mentioned, that this medicine has been successfully administered in India and China.

From W. H. BENNETT, ESQ., *Surgeon to the Screw Steamer "Chersonese."*

"Cardington Street, Hampstead Road,

"MY DEAR SIR, "October 4th, 1856.

"Allow me to express my unqualified opinion of the efficacy of your Choleraic Globules. I gave them with most satisfactory results in several cases of Diarrhœa that occurred on board during my late voyage. One case in particular I would mention. One of our firemen was attacked with very severe Diarrhœa, accompanied with vomiting and spasmodic pains over the abdomen. After trying the usual remedies

adapted to such cases, I administered one of your globules, which relieved him very speedily, and the man was able to resume his duty in a very short time. I can only say that I should never think of going to sea again without some of them, as I think they are an invaluable medicine, and particularly suited for voyages. Accept, my dear Sir, my sincere thanks for the supply you gave me, and

"I am,

Yours very truly,

"W. H. R. BENNETT, M.R.C.S., Eng.

"To GEORGE FRANKS, Esq.,

"90 Blackfriars Road."

"2 Wellington Terrace, Price Street,

"Birkenhead,

"December 1st, 1856.

"MY DEAR SIR,

"I beg to forward to you another instance, in which your Choleraic Globules have proved very efficacious. Prior to my leaving England for America, I gave Mrs. Hutchings one of the small boxes containing three Globules; shortly afterwards she heard of her father, Admiral Hollingworth, being very ill from Diarrhœa, which continued in spite of remedies. Mrs. H. sent two of the Globules to him by post: he took one directly they reached him, and with almost immediate relief. The admiral keeps the other always at hand in the event of a return of the disease. I

consider these Globules a great boon to the Medical Profession as well as to the public.

"Believe me, my dear Sir,

"Yours truly,

"W. H. R. BENNETT, M.R.C.S. Eng.

"Late Surgeon to the screw steamer *Chersonese*.

"GEORGE FRANKS, Esq.,

"90 Blackfriars Road."

One complaint for which this medicine is intended, and to which reference is made in some of the above letters, remains to be noticed,—that is DYSENTERY.

Dysentery may be either Acute or Chronic: it commences with Diarrhœa. Acute Dysentery is attended by frequent griping evacuations, painful and constant urgency to relieve the bowels, with discharge of mucus* only and in small quantity, mixed with blood, the natural fœces being retained or voided in small, compact, hard substances; also by loss of appetite, and by nausea. It is sometimes preceded by flatulency, sickness of the stomach, and slight vomiting, and comes on with chills, succeeded by heat of the skin, and by frequency of the pulse. When the diseased action begins to occupy the lower part of the intestinal canal, the evacuations become more frequent, less abundant and more urgent; and in passing through its diseased parts they occasion much pain, so that every evacuation is preceded by severe griping. As the disease proceeds to a chronic state, it frequently happens that a portion of the bowels is protruded,

* *Slimy* matter.

which, in the progress of the disease, proves to be a troublesome and a distressing symptom, as does the constant inclination to relieve the Bowels without the ability of voiding any thing, except, perhaps, a little mucus. More or less fever attends the disease; in some cases the febrile state wholly disappears after a time, while the proper Dysenteric symptoms will be probably of long continuance.

Nearly a dozen years have now passed away since some of the above letters were written: throughout this interval of time this medicine has been continuously applied for, and extensively and widely distributed and administered in the above-named complaints to all classes of persons. Its specific remedial qualities and its speedy restorative action on the system have been of a uniform character.*

A sound mind in a healthy body is the greatest earthly blessing that Providence has allotted to man,—a trite saying; it, however, expresses a fact. Without this—Wealth is unenjoyed—Honours are uncared for—Luxuries pall on

* Hitherto the medicine has been prescribed in consultation, or supplied only on a special application; this is not discontinued, but, in addition thereto, it is now introduced as a PATENT MEDICINE, under the name of "FRANKS' ALLOPATHIC GLOBULES," for the cure of Diarrhœa—Choleraic Diarrhœa—Dysentery—and to prevent Cholera; and it may be procured by order of all Dealers in Medicines, either in London or in the Country, in Packets, price 2s. 9d. each: so that by this means it is accessible to all—spurious imitation is in a measure checked (for by the exercise of due vigilance a purchaser may readily discover imposition, should it be attempted); and—protection from unskilful preparation is thereby secured. The adoption of this plan is attended by this additional convenience, viz.:—That by being thus dispensed, it can be kept always at hand, whether a person be within the reach of medical aid or not; and in travelling, or to residents in the colonies, this is a matter of very great importance; indeed this is just the plan advised by the Board of Health when the Cholera raged in England in 1854-5.

the sense. Disease occasions privation of comfort, both mental and physical; it produces prostration of strength, and incompetence for intellectual pleasures; causes inattention to business, loss of money, care, anxiety, and irritability of temper.

A healthy state of the body depends upon a healthy state of the blood; the blood, being purified, depends on the life-giving oxygen it receives from the atmosphere in the act of breathing. If, then, the air we breathe be not pure, the blood will necessarily become tainted. The blood is formed from the food. If the food be not nutritious, and the water which is drunk be not pure, disease will be the inevitable consequence. The purity or impurity of the blood is also affected by the cleanliness or the impurity of the skin. That the skin secretes impurities from the blood, and that some of these are excreted or carried off from the skin by insensible perspiration, has been already noticed. If, however, the perspiration be increased, or the evaporation be checked, these impurities collect on the surface of the skin, and when allowed to remain, they frequently cause troublesome ailments; proper ablutions, and a frequent change of linen, are the preventives. An attention to the cleanliness of the person and of the clothes,—the latter, effected by often airing and exposing them to ventilation,—are of much more importance in promoting and maintaining health than is generally supposed; for the clothes frequently imbibe noxious exhalations from the skin, which, if not removed, may cause infectious and distressing disease.

There is yet another requisite for the promotion

and maintenance of the health,—one, perhaps, of as much importance as either of those above mentioned,—and that is EXERCISE; the advantages arising from the exercise of the body are too much disregarded. The atmosphere, being the grand purifier and regenerator of the blood, supplies it with its vital principle. Bodily exercise expands the human frame; it brings the respiratory muscles into play, and stimulates to increased respiration. This causes impure air to be thrown off from the lungs in increased quantities; and by the law of mutual diffusion above-mentioned an equal quantity of pure air is inhaled, and thereby the state of the blood is improved. Healthy persons, whether old or young, should be much in the open air. It is too cold to go out to-day, is a frequent exclamation. This is, however, a great mistake: for a person in health it is never too cold for out-of-door exercise. If the weather be cold, let additional clothing be called into requisition. If the wind blow, the cloak may be wrapped tighter. If the frost be severe, a quick walk or a good run will exercise the muscles of the limbs. The due warmth of the body may be maintained in all states of the weather. If the shoes be stout and the feet kept dry, no harm will accrue, even should the weather be stormy. An early change of such garments as may have become damp will always prevent any unpleasant consequences. An attention to house ventilation, by keeping the bedroom windows open and the bed-clothes thrown back and exposed to the action of the air during the day, is also very necessary.

A sound Mind depends in a great measure on TEMPERANCE. The terms Temperance and Intemperance are too frequently supposed to refer only to moderation or excess either in Eating or Drinking, or in both; but this is a very inadequate, and by far too narrow a construction of the meaning of these words. Men may be either temperate or intemperate in other matters. It must be remembered that if the Mind is to be kept in a healthy state, it must be exercised in a proper regulation of the passions, and in the keeping these under proper control. The Mind and the Body are so intimately connected, that one necessarily acts and re-acts on the other. If the one be unduly disturbed, the other will be correspondingly disordered; therefore, to regulate the passions, desires, and feelings, in subservience to the dictates of Religion, Reason, and Common Sense,—neither to be improperly elated by prosperity, nor to be unreasonably dejected by adversity,—to resist the blandishments of luxury and ease on the one hand, and to brave manfully the stormy waves of trouble on the other—and to observe the golden mean in every condition in which we may happen to be placed, are more difficult; but not less important exercises of Temperance than the mere adherence to moderation in the use of what are frequently termed the enjoyments of Life or good cheer. Be Temperate in ALL things, is an injunction from high authority.

If every prudent precautionary step that may have been taken to ward off the disease has been unsuccessful, and the attack does come, then to manifest a

calm determination to bear it patiently—to possess a quiet hope in the success of the remedial measures adopted for its removal, and—to place a firm trust in an over-ruling Providence, will be the best, indeed the only means whereby to maintain a healthy state of the Mind, so as to effect a restoration to health, or to afford a rational consolation in all the exigencies of Life, under the contingencies to which humanity is liable. This is all that Man can do; and having done this, the event must be left with Him who gave that life—who has hitherto preserved it—and whose blessing alone can render ANY remedies effectual that may be resorted to in the hope that by their use it may be prolonged.

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